

DINNERLY



Balanced Masala Beans with Grains, Coriander and Pickled Onion



30 minutes



2 Servings

Packed with protein-rich kidney beans cooked with masala spices and tomato, and paired with a brown rice and barley blend, this hearty bowl of goodness keeps your 2021 goal of #healthyeating right on track!

WHAT WE SEND

- 1 red onion
- 150g green beans
- coriander
- 400g kidney beans
- 125g rice, quinoa and barley blend¹
- 10g Indian masala seasoning
- 400g diced tomatoes

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs white wine vinegar¹⁷
- 1 tsp sugar
- 1 tbs vegetable oil

TOOLS

- medium saucepan
- medium deep frypan

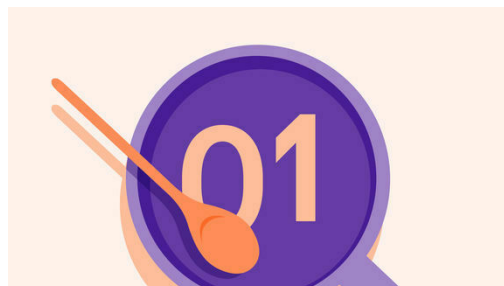
Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 540kcal, Fat 12.5g, Carbs 78.0g, Proteins 19.4g



1. Prep ingredients

Fill a medium saucepan three-quarters full with water and bring to the boil for the grain blend. Thinly slice the **onion**. Trim the **green beans** and halve on an angle. Crush or finely chop **2 garlic cloves**. Reserve a few **coriander** sprigs, then coarsely chop the remaining leaves and finely chop the stems, keeping them separate. Drain and rinse the **kidney beans**.



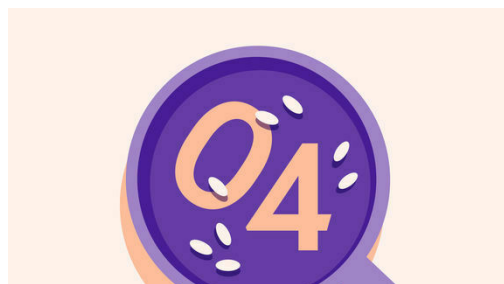
2. Cook grain blend

Add the **grain blend** to the pan of boiling water and cook for 20-22 mins until tender. Drain. Meanwhile, combine **1 tbs white wine vinegar** and **1 tsp sugar** in a bowl. Add **half the onion** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



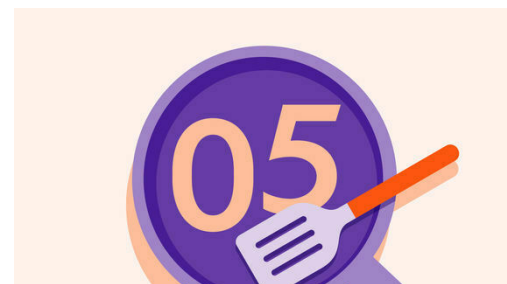
3. Cook aromatics

Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Add the **garlic**, **coriander stems**, **masala seasoning** and **remaining onion**, then season with **salt and pepper**. Cook, stirring occasionally, for 5 mins or until the onion is softened.



4. Simmer curry

Add the **kidney beans**, **tomatoes** and **180ml (¾ cup) water** to the onion mixture and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 8 mins or until the sauce is thickened. Add the **beans** and **chopped coriander leaves** and cook for 5 mins or until the beans are tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up

Drain the **onion**, reserving the pickling liquid. Divide the **grain blend** and **masala beans** among bowls. Top with the **pickled onion** and **coriander sprigs**. Drizzle with the **pickling liquid** and enjoy!



6. Make it spicy

Like it hot? Kick up the heat a notch or two with a scattering of chopped fresh chilli or chilli flakes.